

Section 8A Subsection 31 - 5/23/2019

Track and Field Championship

WAO HS

Results - SubSection 31 Schedule

Event 1 Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Warroad		10:10.41 10
1) Abigail Bless 7	2) Olivia Goulet 9	
3) Rebecca Heppner 12	4) Eliana Bleess 10	
2 Crookston		10:15.25 8
1) Thea Oman 12	2) Anke Wiersma 10	
3) Hailey Spivey 12	4) Hayden Winjum 9	
3 East Grand Forks		10:27.11 6
1) Marin Garrett 10	2) McKenna Garrett 12	
3) Quincie Floden 10	4) Cassidy Allard 10	
4 Grygla-Gatzke		12:03.22 5
1) Chelsie Nelson 7	2) Molly Cullen 7	
3) Chloe Kuznia 10	4) Madison Cullen 10	
5 Red Lake County		12:12.76 4
1) Aurimy Olson 8	2) Maisy Hoefler 10	
3) Clara Girdler 10	4) Kjerstin Nelson 9	
6 BGMR		12:43.01 3
1) Isabel Pearson 8	2) Rylie Fredrickson	
3) Greta Lee 9	4) Alyssa Waage 11	

Event 2 Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 East Grand Forks		8:34.66 10
1) Sakariye Ismail 12	2) Tyson Mahar 10	
3) Jonathan Krueger 9	4) Cole Nowacki 11	
2 Roseau		8:58.40 8
1) Tristan Anderson 10	2) David Nelson 10	
3) Erick Laznicka 12	4) Kyle Erickson 11	
3 Crookston		9:08.67 6
1) Jaden Lubarski 12	2) Andrew MacGregor 10	
3) Cameron Weiland 10	4) Ben Brantner 11	
4 West Marshal		9:26.42 5
1) Riley Clausen 9	2) Pedro Gaytan 12	
3) Devin Casares 8	4) James Pederson 10	
5 Red Lake County		9:34.36 4
1) Blane Schmitz 9	2) Brody Moen 10	
3) Brock Tvedt 10	4) Brenden Larson 11	
6 BGMR		10:01.69 3
1) Nolan Bakke 8	2) Gavin Hockstedler 8	
3) Christian Boen 11	4) Trey Nichols 10	
7 Warroad		10:07.11 2
1) Victor Anselmo 12	2) William Johnson 10	
3) Malachi Lilly 9	4) Micah Bleess 8	

Event 3 Girls 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Breanna Kressin	9	Crookston	16.31 10
2 Makenzie Williams	12	Red Lake Cou	16.62 8
3 Emily Pederson	10	West Marshal	16.87 6
4 Nikki Alarus	10	Roseau	17.09 5

5 Savannah Vasek	12	East Grand F	17.10 4
6 Marissa Schiebe	9	Red Lake Cou	17.39 3
7 Aaliyah Creekmore	11	BGMR	17.92 2
8 Avery Kovar	12	East Grand F	18.32 1
9 Avianna Heppner	9	Warroad	18.64
10 Brekken Tull	7	Crookston	18.78
11 McKenzie Mock	8	West Marshal	19.08
12 Elizabeth Gabrielson	9	East Grand F	19.13
13 Rylie Bjerklie	11	Roseau	19.39
14 Valerie Crowe	12	Warroad	22.12
15 Maisy Hoefler	10	Red Lake Cou	22.23

Event 4 Boys 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Carter Williams	10	Red Lake Cou	17.85 10
2 Weston Bring	12	BGMR	17.88 8
3 Peter Vandewege	10	Roseau	18.07 6
4 Carson Lambert	8	Red Lake Cou	18.74 5
5 Zach McGlynn	10	West Marshal	18.81 4
6 Hunter Kasprowicz	10	West Marshal	19.16 3
7 Conner Adams	10	Warroad	19.63 2
8 Cooper Smith	8	East Grand F	19.76 1
9 Matilde Alanis	10	East Grand F	20.28
10 Koby Phongsavath	12	Warroad	20.50
11 Connor Eidsmoe	10	Roseau	21.09
12 Collin Porter	12	East Grand F	23.37
--- Connor Lambert	12	Red Lake Cou	DQ

Event 5 Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Mini Jallah	8	East Grand F	12.53 10
2 Sophie Helgeson	10	Roseau	12.63 8
3 Madeleine Bleess	12	Warroad	12.92 6
4 Marlee Turn	11	Kittson Coun	13.15 5
5 Rosemond Stroot	8	Roseau	13.49 4
6 Celine Stroot	9	Roseau	13.61 3
7 Macyn Bloom	11	Fisher/EGF S	13.80 2
8 AJ Jones	11	Red Lake Cou	13.95 1
9 Aaliyah Creekmore	11	BGMR	13.97
10 Alyson Volker	9	BGMR	14.16
11 Grace Jordheim	8	East Grand F	14.25
12 Elyza Lilly	9	Warroad	14.31
13 McKenzie Mock	8	West Marshal	14.40
14 Malia Beich	9	East Grand F	14.48
15 Aaliyah Johnson	8	West Marshal	14.52
16 Sydney St. Germain	12	West Marshal	14.60
17 Carly Thode	8	Crookston	14.71
18 Ava Lopez	9	Crookston	14.78
19 Emma Hanson	9	Warroad	14.85
20 Arielle Rude	8	Red Lake Cou	14.99
21 Morgen Arguelles	9	Crookston	15.24
22 Katrina Olson	10	Red Lake Cou	15.89
23 Tori Peterson	10	BGMR	16.08

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Event 6 Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Ben Olson	10	Roseau	11.45 10
2 Noah Kiel	10	Crookston	11.61 8
3 Jacob Brunelle	11	Crookston	11.87 6
4 Bill White	12	Fisher/EGF S	11.88 5
5 Daniel Lee	11	Warroad	12.11 4
6 Jerry Stroot	10	Roseau	12.26 3
7 Marcus Paradis	11	Red Lake Cou	12.26 2
8 Landon Woidtke	8	East Grand F	12.35 1
9 Chase Olderbak	12	East Grand F	12.45
10 Colton Olson	12	Warroad	12.49
11 Monty Albers	10	BGMR	12.50
12 Colten Pagnac	9	West Marshal	12.54
13 Easton Tangquist	10	Crookston	12.54
14 Kalvin Keomany	11	Warroad	12.71
15 Aaron Jones	12	Grygla-Gatzk	12.74
16 Trent Goulet	12	Red Lake Cou	12.84
17 Thomas Jones	10	West Marshal	12.98
18 Sam Schumacher	8	East Grand F	13.01
19 Lewis Jones	7	Grygla-Gatzk	13.08
20 Andrew Loken	9	Grygla-Gatzk	13.29
21 Avery Harsell	9	Fisher/EGF S	13.47
22 Jon Proje	9	Fisher/EGF S	14.09
23 Anton Budziszewski	10	BGMR	14.53

Event 7 Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Kittson Coun		1:53.31 10
1) Shelby Pankratz 11	2) Andi Strege 12	
3) Rachel Schmiedeberg 9	4) Liz Webster 10	
2 West Marshall		1:53.43 8
1) Emily Pederson 10	2) Hannah Pederson 7	
3) Riley Mooney 9	4) Abigail McGlynn 12	
3 Crookston		1:53.78 6
1) Breanna Kressin 9	2) Emma Gunderson 7	
3) Rachel Hefta 12	4) Cassie Solheim 7	
4 East Grand Forks		1:57.25 5
1) Macie Stanislawski 9	2) Grace Jordheim 8	
3) Kora Jordheim 12	4) Lila Rothenberger 8	
5 Red Lake County		2:01.04 4
1) AJ Jones 11	2) Savanna Nelson 8	
3) Kia Bachand 10	4) Hollie Knott 10	
6 Warroad		2:01.73 3
1) Elyza Lilly 9	2) Avianna Heppner 9	
3) Laci Kennedy 10	4) Emma Hanson 9	
7 Roseau		2:03.50 2
1) Josie Johnson 10	2) Rylie Bjerklie 11	
3) Julia Braaten 10	4) Elizabeth Danielson 10	
8 BGMR		2:05.90 1
1) Addie Bakke 8	2) Aaliyah Creekmore 11	
3) Alyson Volker 9	4) Raegen Maahs 8	

Event 8 Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 East Grand Forks		1:36.76 10
1) Zion Diggs 11	2) Carter Vasek 9	
3) Blake Moen 10	4) Micaiah Peterson 11	
2 Crookston		1:37.43 8
1) Brady Wisk 9	2) Jacob Brunelle 11	
3) Sam Overgaard 12	4) Noah Kiel 10	
3 Fisher/EGF S		1:37.59 6
1) Bill White 12	2) Harmon Swiger 10	
3) Jory Vasek 10	4) Marcus Crayton 11	
4 Roseau		1:41.32 5
1) Nolan Hanson 10	2) Luke Tangen 12	
3) Jed Dunham 10	4) Adam LePard 12	
5 West Marshall		1:43.12 4
1) Thomas Pietruszewski 11	2) Connor Narlock 11	
3) Colin McGregor 9	4) Ryan Pederson 12	
6 Warroad		1:44.26 3
1) Arthur Phosy 10	2) Seth Waldron 10	
3) Virgil Laznicka 10	4) Veashein Philajack 9	
7 BGMR		1:46.25 2
1) Monty Albers 10	2) Brady Skeim 9	
3) Logan Waage 12	4) Trey Nichols 10	
8 Grygla-Gatzke		1:47.86 1
1) Matt Busse 8	2) Andrew Loken 9	
3) Levi Keisow 10	4) Moses Jensen 10	
9 Red Lake County		1:49.10
1) Trent Goulet 12	2) Tristyn Ferguson 10	
3) Andrew Johnson 10	4) Damon Ferguson 8	

Event 9 Girls 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Katherine Geist	11	Crookston	5:15.85 10
2 McKenna Langerud	12	East Grand F	5:30.19 8
3 Lydia Floden	8	East Grand F	5:45.01 6
4 Brooke Olson	9	BGMR	5:45.97 5
5 Macy Haugen	9	West Marshal	5:46.43 4
6 Liv Efta	7	West Marshal	5:48.43 3
7 Natalie Peterson	8	West Marshal	5:55.17 2
8 Lelia Johnson	7	Roseau	5:56.39 1
9 Abby Borowicz	8	Crookston	5:58.80
10 Rebecca Heppner	12	Warroad	6:13.23
11 Gracie Coulter	11	East Grand F	6:17.52
12 Mariah Huglen	10	Roseau	6:26.11
13 Clara Girdler	10	Red Lake Cou	6:28.94
14 Maria Kroeber	11	Fisher/EGF S	6:52.58
15 Mia Hallett	11	Warroad	7:02.80
16 Audrey Harbott	11	Crookston	7:10.26
17 Mariah Olson	11	Kittson Coun	7:10.66
18 Shayle Turner	11	Warroad	7:11.80
19 Genna Holm	11	Kittson Coun	7:30.18
20 Alyssa Waage	11	BGMR	8:19.61

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Event 10 Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Cole Nowacki	11	East Grand F	4:39.92 10
2 Hayden Reitmeier	11	Fisher/EGF S	4:55.21 8
3 Kyle Erickson	11	Roseau	4:56.63 6
4 Ben Brantner	11	Crookston	5:03.85 5
5 Riley Clausen	9	West Marshal	5:05.71 4
6 Dawson McDonald	9	East Grand F	5:06.74 3
7 Brenden Larson	11	Red Lake Cou	5:07.08 2
8 Zachary Helgeson	10	Fisher/EGF S	5:08.74 1
9 Jace Fore	7	East Grand F	5:09.75
10 O'Connor Sean	10	Roseau	5:11.17
11 Talon Hilligas	11	BGMR	5:13.79
12 Winston Novacek	12	Roseau	5:19.91
13 Victor Anselmo	12	Warroad	5:24.11
14 Micah Bleess	8	Warroad	5:29.56
15 Jack Goulet	8	Warroad	5:31.46
16 Carter Helgeson	9	Fisher/EGF S	5:31.67
17 Brody Moen	10	Red Lake Cou	5:32.50
18 Johnny Ortiz	8	West Marshal	5:40.88
19 Thor Harbott	8	Crookston	5:45.89

Event 11 Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Roseau		52.41 10
1) Nikki Alarus 10	2) Rosemond Stroot 8	
3) Sophie Helgeson 10	4) Celine Stroot 9	
2 East Grand Forks		52.66 8
1) Savannah Vasek 12	2) Avery Kovar 12	
3) Kora Jordheim 12	4) Mini Jallah 8	
3 Kittson Coun		52.92 6
1) Shelby Pankratz 11	2) Liz Webster 10	
3) Rachel Schmiedeberg 9	4) Marlee Turn 11	
4 Red Lake County		54.37 5
1) AJ Jones 11	2) Kia Bachand 10	
3) Makenzie Williams 12	4) Hollie Knott 10	
5 West Marshall		54.96 4
1) Emily Pederson 10	2) Hannah Pederson 7	
3) Jill Borowicz 12	4) Abigail McGlynn 12	
6 Warroad		55.56 3
1) Savannah Lussier 11	2) Elyza Lilly 9	
3) Emma Hanson 9	4) Madeleine Bleess 12	
7 BGMR		1:00.38 2
1) Addie Bakke 8	2) Greta Lee 9	
3) Raegen Maahs 8	4) Alyson Volker 9	
8 Grygla-Gatzke		1:02.45 1
1) Molly Cullen 7	2) Chelsie Nelson 7	
3) Madison Cullen 10	4) Chloe Kuznia 10	
--- Crookston		FS
1) Carly Thode 8	2) Emma Gunderson 7	
3) Halle Winjum 7	4) Cassie Solheim 7	

Event 12 Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 East Grand Forks		47.52 10
1) Ricky Thompson 10	2) Blake Moen 10	
3) Carter Vasek 9	4) Micaiah Peterson 11	
2 Crookston		47.53 8
1) Brady Wisk 9	2) Easton Tangquist 10	
3) Sam Overgaard 12	4) Jacob Brunelle 11	
3 Warroad		47.76 6
1) Colton Olson 12	2) Daniel Lee 11	
3) Calvin Keomany 11	4) Arthur Phosy 10	
4 West Marshall		50.21 5
1) Thomas Pietruszewski 11	2) Connor Narlock 11	
3) Colin McGregor 9	4) Colten Pagnac 9	
5 Red Lake County		51.07 4
1) Trent Goulet 12	2) Tristyn Ferguson 10	
3) Damon Ferguson 8	4) Jordan Kasprovic 10	
6 Grygla-Gatzke		51.72 3
1) Matt Busse 8	2) Andrew Loken 9	
3) Levi Keisow 10	4) Moses Jensen 10	
7 BGMR		55.50 2
1) Anton Budziszewski 10	2) Joe Dezelar 11	
3) Gavin Hockstedler 8	4) Austin Kautzman 9	
--- Roseau		DQ
1) Nolan Hanson 10	2) Jed Dunham 10	
3) Jeremiah Bender 10	4) Ben Olson 10	

Event 13 Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Anke Wiersma	10	Crookston	1:03.01 10
2 Abigail Bleess	7	Warroad	1:04.01 8
3 Riley Mooney	9	West Marshal	1:04.09 6
4 Kailee Magsam	8	Crookston	1:06.17 5
5 Rylie Fredrickson		BGMR	1:06.78 4
6 Jacelyn Brenden	8	East Grand F	1:07.35 3
7 Aura Moyer	7	Warroad	1:08.52 2
8 Savanna Nelson	8	Red Lake Cou	1:09.21 1
9 Hailey Jordheim	10	East Grand F	1:09.33
10 Andi Strege	12	Kittson Coun	1:10.07
11 Jenna Davis	9	Kittson Coun	1:10.22
12 Avery Horken	8	Fisher/EGF S	1:11.20
13 Kinley Anderson	10	East Grand F	1:11.46
14 Ellie Rivard	8	West Marshal	1:12.29
15 Brooklyn Cardinal	8	Red Lake Cou	1:13.04
16 Annika Johnson	8	Kittson Coun	1:13.12
17 Josie Johnson	10	Roseau	1:13.31
18 Olivia Huck	9	Crookston	1:13.65
19 Allie Lund	8	Roseau	1:14.33
20 Logan Goulet	7	Warroad	1:15.53
21 Jamie Flatgard	7	Red Lake Cou	1:15.68
22 Mya Ballard	9	Roseau	1:16.27
23 Isabel Pearson	8	BGMR	1:19.16

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Event 14 Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Marcus Crayton	11	Fisher/EGF S	53.25 10
2 Jory Vasek	10	Fisher/EGF S	54.16 8
3 Ricky Thompson	10	East Grand F	55.95 6
4 Zion Diggs	11	East Grand F	56.17 5
5 Luke Tangen	12	Roseau	56.18 4
6 Pedro Gaytan	12	West Marshal	57.41 3
7 Sam Schumacher	8	East Grand F	58.07 2
8 Thomas Jones	10	West Marshal	58.37 1
9 Garon Schumacher	10	Roseau	58.82
10 Veashein Philajack	9	Warroad	59.01
11 Cameron Weiland	10	Crookston	59.03
12 Gabe Montieth	10	Crookston	59.25
13 Casey Laplante	9	Fisher/EGF S	59.35
14 Evan Grove	11	Warroad	59.89
15 Logan Waage	12	BGMR	1:00.65
16 Seth Waldron	10	Warroad	1:03.24
17 Jacob Zacha	11	West Marshal	1:04.04
18 Gerald Melin	8	Red Lake Cou	1:04.87
19 Andrew Johnson	10	Red Lake Cou	1:06.73
20 Carson Lambert	8	Red Lake Cou	1:08.56
21 Dane Arveson	8	Grygla-Gatzk	1:14.46

Event 15 Girls 300 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Emma Borowicz	10	Crookston	48.41 10
2 Breanna Kressin	9	Crookston	49.65 8
3 Shelby Pankratz	11	Kittson Coun	50.33 6
4 Avianna Heppner	9	Warroad	52.46 5
5 Marissa Schiebe	9	Red Lake Cou	52.48 4
6 Sarah Finseth	10	West Marshal	53.15 3
7 Elizabeth Gabrielson	9	East Grand F	53.93 2
8 Maddi Mitzel	11	Fisher/EGF S	55.84 1
9 Lexi Rude	8	East Grand F	56.47
10 McKenzie Mock	8	West Marshal	57.85
11 Emma Zimny	9	East Grand F	58.44
12 Brekken Tull	7	Crookston	58.50
13 Valerie Crowe	12	Warroad	59.42
14 Kiara Sauve	8	Red Lake Cou	1:00.91
15 Maisy Hoefler	10	Red Lake Cou	1:01.93

Event 16 Boys 300 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Isaac Durand	12	West Marshal	43.30 10
2 Kyle Erickson	11	Roseau	45.34 8
3 Cooper Smith	8	East Grand F	46.37 6
4 Marcus Paradis	11	Red Lake Cou	46.41 5
5 Hunter Kasprovicz	10	West Marshal	47.93 4
6 Conner Adams	10	Warroad	48.51 3
7 Carter Williams	10	Red Lake Cou	49.52 2

8 Peter Vandewege	10	Roseau	49.67 1
9 Dawson McDonald	9	East Grand F	49.69
10 Connor Eidsmoe	10	Roseau	50.07
11 Matilde Alanis	10	East Grand F	51.05
12 James Pederson	10	West Marshal	51.22

Event 17 Girls 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Eliana Bleess	10	Warroad	2:25.49 10
2 Jessica Remer	12	Fisher/EGF S	2:26.11 8
3 Cassidy Allard	10	East Grand F	2:28.44 6
4 Olivia Goulet	9	Warroad	2:28.84 5
5 McKenna Langerud	12	East Grand F	2:30.53 4
6 Thea Oman	12	Crookston	2:31.18 3
7 Kate Helgeson	10	Roseau	2:35.98 2
8 Hayden Winjum	9	Crookston	2:37.19 1
9 Liv Efta	7	West Marshal	2:38.06
10 McKenna Garrett	12	East Grand F	2:38.46
11 Macy Haugen	9	West Marshal	2:39.06
12 Faith Lilly	7	Warroad	2:39.58
13 Mariah Huglen	10	Roseau	2:40.87
14 Hailey Spivey	12	Crookston	2:45.04
15 Kjerstin Nelson	9	Red Lake Cou	2:52.66
16 Kayla Bachleitner	8	Roseau	2:56.58
17 Olivia Sjostrand	9	Kittson Coun	2:57.68
18 Sydney Anvinson	11	Fisher/EGF S	2:57.72
19 Brooklyn Cardinal	8	Red Lake Cou	3:04.27
20 Maria Kroeber	11	Fisher/EGF S	3:07.54
21 Aurimy Olson	8	Red Lake Cou	3:14.46

Event 18 Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Jonathan Krueger	9	East Grand F	2:10.72 10
2 Jaden Lubarski	12	Crookston	2:12.73 8
3 David Nelson	10	Roseau	2:14.08 6
4 Trey Nichols	10	BGMR	2:18.14 5
5 Brenden Larson	11	Red Lake Cou	2:19.88 4
6 Winston Novacek	12	Roseau	2:20.28 3
7 Erick Laznicka	12	Roseau	2:22.11 2
8 Collin Porter	12	East Grand F	2:22.17 1
9 Brody Moen	10	Red Lake Cou	2:26.96
10 Conradin Willers	11	Fisher/EGF S	2:28.83
11 Malachi Lilly	9	Warroad	2:29.97
12 Blane Schmitz	9	Red Lake Cou	2:31.94
13 Tanner Hanson	12	East Grand F	2:33.72
14 Christian Boen	11	BGMR	2:35.49
15 William Johnson	10	Warroad	2:43.38
16 Owen Hanson	7	Warroad	2:46.16
17 Evin Trudeau	7	Crookston	2:47.07

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Event 19 Girls 200 Meter Dash

Name	Yr	School	Finals	
Finals				
1 Mini Jallah	8	East Grand F	26.08	10
2 Sophie Helgeson	10	Roseau	26.39	8
3 Emma Borowicz	10	Crookston	26.90	6
4 Madeleine Bleess	12	Warroad	26.95	5
5 Liz Webster	10	Kittson Coun	27.54	4
6 Macie Stanislawski	9	East Grand F	28.70	3
7 Macyn Bloom	11	Fisher/EGF S	28.87	2
8 Cassie Solheim	7	Crookston	29.03	1
9 Hannah Pederson	7	West Marshal	29.21	
10 Rachel Qualley	11	East Grand F	29.99	
11 Jaylen Limpcomb	7	Roseau	30.17	
12 Aura Moyer	7	Warroad	30.22	
13 Kaitlyn Olson	7	Roseau	30.51	
14 Cheyanne Scalse	9	Kittson Coun	30.61	
15 Sydney St. Germain	12	West Marshal	30.63	
16 Jenna Davis	9	Kittson Coun	30.91	
17 Ellie Rivard	8	West Marshal	30.99	
18 Laci Kennedy	10	Warroad	31.55	
19 Abby Borowicz	8	Crookston	31.88	
20 Sienna Olson	10	Red Lake Cou	33.18	
21 Katrina Olson	10	Red Lake Cou	33.18	
22 Tori Peterson	10	BGMR	33.85	
23 Jamie Flatgard	7	Red Lake Cou	33.96	

Event 20 Boys 200 Meter Dash

Name	Yr	School	Finals	
Finals				
1 Noah Kiel	10	Crookston	22.99	10
2 Blake Moen	10	East Grand F	23.09	8
3 Marcus Crayton	11	Fisher/EGF S	23.89	6
4 Bill White	12	Fisher/EGF S	24.00	5
5 Jory Vasek	10	Fisher/EGF S	24.34	4
6 Brady Wisk	9	Crookston	24.45	3
7 Carter Vasek	9	East Grand F	24.57	2
8 Daniel Lee	11	Warroad	25.19	1
9 Sam Overgaard	12	Crookston	25.26	
10 Landon Woidtke	8	East Grand F	25.40	
11 Arthur Phosy	10	Warroad	25.47	
12 Thomas Pietruszewski	11	West Marshal	25.81	
13 Colin McGregor	9	West Marshal	26.04	
14 Garon Schumacher	10	Roseau	26.08	
15 Jerry Stroot	10	Roseau	26.38	
16 Aaron Jones	12	Grygla-Gatzk	26.55	
17 Andrew Phosy	12	Warroad	26.62	
18 Andrew Johnson	10	Red Lake Cou	26.85	
19 Matt Busse	8	Grygla-Gatzk	27.25	
20 Tristyn Ferguson	10	Red Lake Cou	27.40	
21 Joe Dezelar	11	BGMR	28.46	
22 Gerald Melin	8	Red Lake Cou	28.88	
--- Nolan Anderson	9	Grygla-Gatzk	FS	

Event 21 Girls 3200 Meter Run

Name	Yr	School	Finals	
Finals				
1 Katherine Geist	11	Crookston	11:21.19	10
2 Lydia Floden	8	East Grand F	12:40.83	8
3 Claire McGlynn	8	West Marshal	12:51.60	6
4 Brooke Olson	9	BGMR	12:53.58	5
5 Lelia Johnson	7	Roseau	13:06.25	4
6 Natalie Peterson	8	West Marshal	13:06.69	3
7 Quincie Floden	10	East Grand F	13:14.01	2
8 Marin Garrett	10	East Grand F	13:36.88	1
9 Elizabeth Parker	9	West Marshal	13:38.79	
10 Amelia Overgaard	9	Crookston	13:52.27	
11 Amanda Schultz	9	Crookston	14:46.29	
12 Sophie Johnson	7	Warroad	15:21.59	

Event 22 Boys 3200 Meter Run

Name	Yr	School	Finals	
Finals				
1 Tyson Mahar	10	East Grand F	9:58.38	10
2 Sakariye Ismail	12	East Grand F	10:42.54	8
3 Hayden Reitmeier	11	Fisher/EGF S	10:54.17	6
4 O'Connor Sean	10	Roseau	11:06.01	5
5 Tristan Anderson	10	Roseau	11:06.64	4
6 Talon Hilligas	11	BGMR	11:13.24	3
7 Zachary Helgeson	10	Fisher/EGF S	11:29.13	2
8 Brock Tvedt	10	Red Lake Cou	11:45.37	1
9 Karsten Isaacson	10	Crookston	11:52.90	
10 Thor Harbott	8	Crookston	12:19.48	
11 Devin Casares	8	West Marshal	12:37.74	
12 Johnny Ortiz	8	West Marshal	13:19.96	
13 Owen Hanson	7	Warroad	13:34.17	
14 Jacob Zacha	11	West Marshal	13:35.70	

Event 23 Girls 4x400 Meter Relay

Team	Relay	Finals	
Finals			
1 Crookston		4:17.90	10
1) Kailee Magsam 8	2) Anke Wiersma 10		
3) Rachel Hefta 12	4) Emma Borowicz 10		
2 Warroad		4:20.35	8
1) Abigail Bleess 7	2) Olivia Goulet 9		
3) Aura Moyer 7	4) Eliana Bleess 10		
3 East Grand Forks		4:30.97	6
1) Hailey Jordheim 10	2) Cassidy Allard 10		
3) Jacelyn Brenden 8	4) Kora Jordheim 12		
4 West Marshall		4:32.60	5
1) Liv Efta 7	2) Macy Haugen 9		
3) Riley Mooney 9	4) Sarah Finseth 10		
5 Red Lake County		4:37.91	4
1) Marissa Schiebe 9	2) Kjerstin Nelson 9		
3) Savanna Nelson 8	4) Hollie Knott 10		

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WAO HS

Results - SubSection 31 Schedule

Finals ... (Event 23 Girls 4x400 Meter Relay)

Team	Relay	Finals
6 Roseau		4:54.09 3
1) Kaitlyn Olson 7	2) Kayla Bachleitner 8	
3) Allie Lund 8	4) Jaylen Limpscomb 7	
7 BGMR		5:07.65 2
1) Isabel Pearson 8	2) Rylie Fredrickson	
3) Addie Bakke 8	4) Greta Lee 9	

Event 24 Boys 4x400 Meter Relay

Team	Relay	Finals
1 Roseau		3:39.49 10
1) Jeremiah Bender 10	2) Luke Tangen 12	
3) Jed Dunham 10	4) Ben Olson 10	
2 East Grand Forks		3:43.75 8
1) Zion Diggs 11	2) Micaiah Peterson 11	
3) Cooper Smith 8	4) Ricky Thompson 10	
3 Crookston		3:55.35 6
1) Ty Hamre 11	2) Cameron Weiland 10	
3) Andrew MacGregor 10	4) Jaden Lubarski 12	
4 West Marshall		4:02.38 5
1) Thomas Jones 10	2) Riley Clausen 9	
3) Pedro Gaytan 12	4) Isaac Durand 12	
5 Red Lake County		4:03.95 4
1) Blane Schmitz 9	2) Carter Williams 10	
3) Damon Ferguson 8	4) Marcus Paradis 11	
6 Warroad		4:05.09 3
1) Seth Waldron 10	2) Evan Grove 11	
3) Jacob Davis 11	4) Veashein Philajack 9	
7 BGMR		4:17.22 2
1) Monty Albers 10	2) Nolan Bakke 8	
3) Gavin Hockstedler 8	4) Logan Waage 12	

Event 31 Girls High Jump

Name	Yr	School	Finals
1 Rylie Bjerklie	11	Roseau	4-10.00 10
2 Jessica Remer	12	Fisher/EGF S	4-10.00 8
3 Rachel Schmiedeberg	9	Kittson Coun	4-08.00 6
4 Makenzie Williams	12	Red Lake Cou	4-08.00 5
5 Aaliyah Johnson	8	West Marshal	4-06.00 4
6 McKenna Garrett	12	East Grand F	4-06.00 3
7 Emma Hanson	9	Warroad	4-06.00 2
8 Sydney Lloyd	10	Fisher/EGF S	4-06.00 1
9 Rachel Hefta	12	Crookston	4-04.00
9 Grace Jordheim	8	East Grand F	4-04.00
11 Rylee Chwialkowski	8	Fisher/EGF S	4-04.00
12 Taylor Wilson	7	Kittson Coun	4-04.00
13 Clara Girdler	10	Red Lake Cou	4-02.00
14 Kylie Hanson	10	West Marshal	4-02.00
14 Emma Gunderson	7	Crookston	4-02.00
16 Nikki Alarus	10	Roseau	4-00.00
16 Catherine Thompson	10	Warroad	4-00.00
16 Madison Hoiland	9	Crookston	4-00.00

16 Jessie Helgeland	10	East Grand F	4-00.00
20 Laci Kennedy	10	Warroad	4-00.00
--- Jamie Flatgard	7	Red Lake Cou	NH
--- Kaycie Baumgartner	9	Roseau	NH
--- McKenzie Mock	8	West Marshal	NH

Event 32 Girls Pole Vault

Name	Yr	School	Finals
1 Emma Borowicz	10	Crookston	9-00.00 10
2 Macie Stanislawski	9	East Grand F	9-00.00 8
3 Paige Michalski	8	West Marshal	8-06.00 6
4 Malia Beich	9	East Grand F	8-00.00 5
5 Chelsey Afshari	11	East Grand F	7-06.00 4
6 Elyza Lilly	9	Warroad	7-00.00 3
7 Kamarra Brunelle	12	Warroad	7-00.00 2
8 Mikayla Bolduc	12	West Marshal	7-00.00 1
9 Abby Borowicz	8	Crookston	6-06.00
10 Brooke Olson	9	BGMR	6-06.00
11 Liv Efta	7	West Marshal	6-00.00
--- Isabel Pearson	8	BGMR	NH
--- Rylie Fredrickson		BGMR	NH
--- Kaycie Baumgartner	9	Roseau	NH

Event 33 Girls Long Jump

Name	Yr	School	Finals
1 Abigail McGlynn	12	West Marshal	16-09.25 10
2 Macie Stanislawski	9	East Grand F	16-01.25 8
3 Shelby Pankratz	11	Kittson Coun	15-07.00 6
4 Avery Horken	8	Fisher/EGF S	15-04.75 5
5 Jill Borowicz	12	West Marshal	15-04.25 4
6 Aaliyah Creekmore	11	BGMR	15-00.25 3
7 Hayden Winjum	9	Crookston	14-11.75 2
8 Aaliyah Johnson	8	West Marshal	14-08.00 1
9 Avery Kovar	12	East Grand F	14-08.00
10 Rosemond Stroot	8	Roseau	14-01.75
11 Madeleine Bleess	12	Warroad	13-10.25
12 Jenna Davis	9	Kittson Coun	13-08.75
13 Cassie Solheim	7	Crookston	13-07.75
14 Maddi Mitzel	11	Fisher/EGF S	13-07.00
15 Savannah Lussier	11	Warroad	13-04.50
16 AJ Jones	11	Red Lake Cou	13-02.50
17 Alyson Volker	9	BGMR	12-08.00
18 Maisy Hoefer	10	Red Lake Cou	12-05.50
19 Halle Winjum	7	Crookston	12-05.50
20 Madison Cullen	10	Grygla-Gatzk	12-02.50
21 Lila Rothenberger	8	East Grand F	11-10.25
22 Kiara Sauve	8	Red Lake Cou	11-07.00
23 Molly Cullen	7	Grygla-Gatzk	11-06.00
24 Jaylen Limpscomb	7	Roseau	11-05.50
25 Chelsie Nelson	7	Grygla-Gatzk	11-03.50

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WAO HS

Results - SubSection 31 Schedule

Event 34 Girls Triple Jump

Name	Yr	School	Finals		
Finals					
1	Abigail McGlynn	12	West Marshal	35-07.50	10
2	Hayden Winjum	9	Crookston	33-07.00	8
3	Avery Kovar	12	East Grand F	33-04.00	6
4	Emily Pederson	10	West Marshal	32-02.50	5
5	Avery Horken	8	Fisher/EGF S	32-02.25	4
6	Makenzie Williams	12	Red Lake Cou	31-06.50	3
7	Maddi Mitzel	11	Fisher/EGF S	31-00.50	2
8	Jill Borowicz	12	West Marshal	30-11.50	1
9	Andi Strege	12	Kittson Coun	30-09.50	
10	Annika Johnson	8	Kittson Coun	29-03.50	
11	Halle Winjum	7	Crookston	29-01.25	
12	Jacelyn Brenden	8	East Grand F	28-11.25	
13	Emma Gunderson	7	Crookston	28-10.00	
13	Clara Girdler	10	Red Lake Cou	28-10.00	
15	Aaliyah Creekmore	11	BGMR	28-09.00	
16	Savannah Lussier	11	Warroad	28-05.00	
17	Kia Bachand	10	Red Lake Cou	27-04.50	
18	Kaitlyn Olson	7	Roseau	27-02.50	
19	Allyson Batko	8	East Grand F	27-00.75	
20	Greta Lee	9	BGMR	24-00.50	
---	August Bushy	11	Warroad	FOUL	

Event 35 Girls Discus Throw

Name	Yr	School	Finals		
Finals					
1	Faith Porter	12	West Marshal	107-01	10
2	Kristina Swendseid	12	West Marshal	103-07	8
3	Abbey Johnson	12	West Marshal	102-01	6
4	Leo Bring	9	BGMR	100-06	5
5	Jada Dillabough	12	Crookston	95-07	4
6	Tabitha Anderson	12	East Grand F	88-02	3
7	Riley Regorrah	11	East Grand F	87-00	2
8	Libby Salentine	8	Crookston	86-02	1
9	Josie Johnson	10	Roseau	85-09	
10	Sienna Olson	10	Red Lake Cou	77-04	
11	Hollie Knott	10	Red Lake Cou	75-08	
12	Vivian Coan	10	Grygla-Gatzk	75-07	
13	Valla O'loughlin	12	Warroad	75-06	
14	Lindsey Kurz	12	Fisher/EGF S	74-10	
15	Ella Weber	10	Crookston	71-05	
16	Kaitlyn Woullet	11	East Grand F	61-00	
17	Maloni Hendrickson	11	Grygla-Gatzk	58-10	
18	Abby Walton	11	Red Lake Cou	58-07	
18	Lydia Tessier	10	Warroad	58-07	
20	Shayle Turner	11	Warroad	50-08	
21	Sydney Lloyd	10	Fisher/EGF S	47-03	
22	Kaitlyn Sondrol	10	Fisher/EGF S	46-10	

Event 37 Girls Shot Put

Name	Yr	School	Finals		
Finals					
1	Jada Dillabough	12	Crookston	36-04.25	10
2	Abbey Johnson	12	West Marshal	35-01.50	8
3	Sydney Lloyd	10	Fisher/EGF S	33-03.00	6
4	Rachel Hefta	12	Crookston	32-06.75	5
5	Faith Porter	12	West Marshal	31-09.50	4
6	Leo Bring	9	BGMR	31-01.50	3
7	Sienna Olson	10	Red Lake Cou	30-10.75	2
8	Shelby Durand	11	West Marshal	29-04.00	1
9	Ally Perreault	9	Crookston	29-01.00	
10	Vivian Coan	10	Grygla-Gatzk	28-08.00	
11	Tabitha Anderson	12	East Grand F	28-01.50	
12	Emma Larson	9	East Grand F	27-05.00	
13	Montana Knoll	11	Kittson Coun	26-11.00	
14	Cheyenne Scalse	9	Kittson Coun	26-05.50	
15	Lindsey Kurz	12	Fisher/EGF S	26-03.00	
16	Valla O'loughlin	12	Warroad	26-02.00	
17	Josie Johnson	10	Roseau	26-01.00	
18	Riley Regorrah	11	East Grand F	26-00.00	
19	Tori Peterson	10	BGMR	25-09.00	
20	Lydia Tessier	10	Warroad	24-11.00	
21	Rylee Bergeron	10	Kittson Coun	23-10.00	
22	Kaitlyn Sondrol	10	Fisher/EGF S	21-04.00	
23	Abby Walton	11	Red Lake Cou	21-03.50	
24	Maloni Hendrickson	11	Grygla-Gatzk	20-10.50	
25	Jessica Danielson	8	Roseau	18-02.00	

Event 41 Boys High Jump

Name	Yr	School	Finals		
Finals					
1	Karsten Isaacson	10	Crookston	5-07.00	10
2	Jed Dunham	10	Roseau	5-05.00	8
3	Steele Walsh	9	Roseau	5-05.00	5.5
3	Logan Youngstrand	9	BGMR	5-05.00	5.5
5	Zach McGlynn	10	West Marshal	5-05.00	4
6	Adam LePard	12	Roseau	5-03.00	2.5
6	Virgil Laznicka	10	Warroad	5-03.00	2.5
8	Gerald Melin	8	Red Lake Cou	5-03.00	1
9	Carter Vasek	9	East Grand F	5-01.00	
10	Gavin Gullikson	9	West Marshal	4-11.00	
10	Conner Adams	10	Warroad	4-11.00	
12	Samuel Simmons	12	Fisher/EGF S	4-11.00	
12	Conradin Willers	11	Fisher/EGF S	4-11.00	
---	Talon Hilligas	11	BGMR	NH	
---	Joe Dezelar	11	BGMR	NH	
---	Avery Harsell	9	Fisher/EGF S	NH	
---	Hunter Steer	9	West Marshal	NH	

Event 42 Boys Pole Vault

Name	Yr	School	Finals		
Finals					
1	Ryan Pederson	12	West Marshal	12-03.00	10

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WAO HS

Results - SubSection 31 Schedule

Finals ... (Event 42 Boys Pole Vault)

Name	Yr	School	Finals
2 Weston Bring	12	BGMR	11-09.00 8
3 Zach McGlynn	10	West Marshal	11-03.00 6
4 Gavin Gullikson	9	West Marshal	10-09.00 5
5 Nate Afshari	9	East Grand F	10-03.00 4
6 Tai Baig	11	Crookston	8-09.00 3
7 Christian Boen	11	BGMR	8-03.00 1.5
7 Victor Anselmo	12	Warroad	8-03.00 1.5
--- Evin Trudeau	7	Crookston	NH
--- William Johnson	10	Warroad	NH
--- Andrew MacGregor	10	Crookston	NH
--- Dawson McDonald	9	East Grand F	NH

Event 43 Boys Long Jump

Name	Yr	School	Finals
Finals			
1 Isaac Durand	12	West Marshal	20-00.00 10
2 Jeremiah Bender	10	Roseau	19-07.50 8
3 Weston Bring	12	BGMR	19-02.00 6
4 Colten Pagnac	9	West Marshal	18-05.00 5
5 Zion Diggs	11	East Grand F	17-11.00 4
6 Koby Phongsavath	12	Warroad	17-09.50 3
7 Ricky Thompson	10	East Grand F	17-04.00 2
8 Connor Narlock	11	West Marshal	16-10.25 1
9 Garon Schumacher	10	Roseau	16-08.50
10 Jacob Brunelle	11	Crookston	16-05.25
10 Brenden Larson	11	Red Lake Cou	16-05.25
10 Trent Goulet	12	Red Lake Cou	16-05.25
13 Tai Baig	11	Crookston	16-04.50
14 Calvin Keomany	11	Warroad	16-02.75
15 Damon Ferguson	8	Red Lake Cou	16-00.50
16 Veashein Philajack	9	Warroad	15-09.75
17 Shaun Nelson	12	Crookston	15-09.50
18 Lewis Jones	7	Grygla-Gatzk	13-07.75
19 Dane Arveson	8	Grygla-Gatzk	12-11.00
--- Micaiah Peterson	11	East Grand F	FOUL

Event 44 Boys Triple Jump

Name	Yr	School	Finals
Finals			
1 Jeremiah Bender	10	Roseau	40-05.25 10
2 Calvin Keomany	11	Warroad	38-02.75 8
3 Weston Bring	12	BGMR	37-06.00 6
4 Peter Vandewege	10	Roseau	37-06.00 5
5 Marcus Paradis	11	Red Lake Cou	36-05.50 4
6 Brady Wisk	9	Crookston	36-04.00 3
7 Blake Moen	10	East Grand F	35-09.50 2
8 Tai Baig	11	Crookston	35-09.25 1
9 Gabe Montieth	10	Crookston	34-11.00
10 Colten Pagnac	9	West Marshal	34-04.00
11 Garon Schumacher	10	Roseau	34-03.00
12 Gavin Gullikson	9	West Marshal	33-01.50
13 Connor Lambert	12	Red Lake Cou	32-10.50
14 Nolan Anderson	9	Grygla-Gatzk	32-08.75

15 Sam Schumacher	8	East Grand F	32-08.75
16 Evan Grove	11	Warroad	31-08.00
17 Samuel Simmons	12	Fisher/EGF S	31-06.00
18 Nolan Bakke	8	BGMR	31-01.00
19 Koby Phongsavath	12	Warroad	30-04.50

Event 45 Boys Discus Throw

Name	Yr	School	Finals
Finals			
1 Jacob Lindemann	12	Roseau	154-10 10
2 Chase Olderbak	12	East Grand F	135-10 8
3 Brady Skeim	9	BGMR	132-11 6
4 Ty Hamre	11	Crookston	123-01 5
5 Anthony Loken	12	Grygla-Gatzk	121-07 4
6 Kole Szczepanski	10	West Marshal	119-10 3
7 Jacob Davis	11	Warroad	117-06 2
8 Caden Osborne	11	Crookston	110-04 1
9 Samuel Sanchez	12	Crookston	109-07
10 Logan Bergquist	11	Fisher/EGF S	103-08
11 Isiah Olson	10	Red Lake Cou	100-03
12 Andrew Roufs	11	East Grand F	97-08
13 Jared Haack	10	Grygla-Gatzk	97-05
14 Josh Pietruszewski	10	West Marshal	96-10
15 Austin Kautzman	9	BGMR	93-07
16 Younis Alshaban	12	East Grand F	92-11
17 Oliver Nelson	9	Roseau	91-00
18 Eric Mykleseth	11	Fisher/EGF S	87-00
19 Johnny Martinez	10	West Marshal	86-09
20 Jordan Coan	9	Grygla-Gatzk	86-05
21 Phillip Sorenson	12	Red Lake Cou	79-10
22 Justin Nebriada	11	Warroad	78-00
23 Jordan Kasprowicz	10	Red Lake Cou	71-06
24 Anton Budziszewski	10	BGMR	56-08
--- Colton Olson	12	Warroad	FOUL

Event 47 Boys Shot Put

Name	Yr	School	Finals
Finals			
1 Samuel Sanchez	12	Crookston	48-09.50 10
2 Eric Mykleseth	11	Fisher/EGF S	46-01.00 8
3 Ty Hamre	11	Crookston	45-05.00 6
4 Chase Olderbak	12	East Grand F	44-10.50 5
5 Jacob Lindemann	12	Roseau	42-04.50 4
6 Caden Osborne	11	Crookston	42-00.50 3
7 Jacob Davis	11	Warroad	41-10.50 2
8 Anthony Loken	12	Grygla-Gatzk	40-11.00 1
9 Brady Skeim	9	BGMR	40-08.00
10 Logan Bergquist	11	Fisher/EGF S	37-06.50
11 Isiah Olson	10	Red Lake Cou	36-02.00
12 Andrew Roufs	11	East Grand F	35-10.00
13 Johnny Martinez	10	West Marshal	34-00.75
14 Kole Szczepanski	10	West Marshal	33-09.00
15 Jordan Kasprowicz	10	Red Lake Cou	33-07.50
16 Ali Alshaban	12	East Grand F	33-06.00
17 Colton Olson	12	Warroad	32-07.00

Section 8A Subsection 31 - 5/23/2019**Track and Field Championship
WAO HS****Results - SubSection 31 Schedule****Finals ... (Event 47 Boys Shot Put)**

	Name	Yr	School	Finals
17	Oliver Nelson	9	Roseau	32-07.00
19	Jared Haack	10	Grygla-Gatzk	32-01.00
20	Justin Nebrida	11	Warroad	31-08.50
21	Michael Diaz	11	BGMR	31-03.75
22	George Duden	10	Red Lake Cou	30-06.50
23	Jordan Coan	9	Grygla-Gatzk	29-06.00

Women - Team Rankings - 18 Events Scored

1)	Crookston	138
2)	East Grand Forks	132
3)	West Marshall	129
4)	Warroad	72
5)	Roseau	60
6)	Red Lake County	44
7)	Kittson County Central	43
8)	Fisher/EGF Sacred Heart/Climax	39
9)	BGMR	35
10)	Grygla-Gatzke	6

Men - Team Rankings - 18 Events Scored

1)	East Grand Forks	136
2)	Roseau	134
3)	Crookston	110
4)	West Marshall	92
5)	Fisher/EGF Sacred Heart/Climax	69
6)	BGMR	58
7)	Red Lake County	48
8)	Warroad	43
9)	Grygla-Gatzke	9